



# Functional Nutrition Working Group Newsletter

November 2022

## Alzheimer's Awareness Month

### What is Alzheimer's disease?

- It is the most common type of dementia and impacts roughly 6 million people
- It is a progressive disease beginning with memory loss and loss leading of the ability to carry on a conversation or complete a task
- Best known factors are Age, Family History, and history of chronic diseases.

### How Can We Help?

#### Education and Recognition are Key!

- There is currently no cure and many aspects of awareness is crucial
- Talk to family or friends about warning signs and how to recognize differences for activities of daily living
- Make sure they are seeing their regular PCP or Gerontologist
- Take note of any changes in the lifestyle including any change to medication
- Education the patient on what Alzheimer's is and how it impacts the brain
- Work with their diet, as current research is suggesting heavy metal toxicity and glucose imbalances can be a trigger to atrophy in the brain
- Be aware of changes that may impact lifestyle such as driving, taking medication, and personal hygiene/



## Big News!

Starting in January 2023, the FNWG will be hosting Lunch & Learn Webinars for Continuing Education credit. These will be available every month for 1 hour of CE!

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